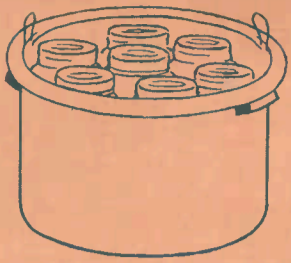


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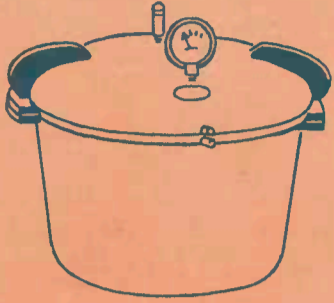
CANNING TIME TABLE

Watch the clock!



BOILING WATER BATH

- If you are located higher than sea level, add one minute for each 1,000 feet when processing time is 20 minutes or less. Add 2 minutes for each 1,000 feet when processing time is longer.



PRESSURE CANNER

- If you are located higher than sea level, increase pressure one-half pound for each 1,000 feet. Use the time as given.

<i>Fruit, Tomatoes, etc.</i>	Boiling Water Bath at (212°F.)		<i>Vegetables</i>	Pressure Canner at 10lbs. (240°F.)	
	Pints	Quarts		Pints	Quarts
APPLES	15 ^{MINUTES}	15	ASPARAGUS	35 ^{MINUTES}	40
APPLESAUCE	10	10	BEANS, fresh lima	45	55
APRICOTS	20	20	BEANS, snap	30	40
BEETS, pickled	30	30	BEANS, green soybeans	60	70
BERRIES Firm — (except strawberries) Soft —	15 20	15 20	BEETS	40	45
CHERRIES	15	15	CARROTS	40	45
PEACHES	20	20	CORN, whole kernel	65	75
PEARS	20	20	GREENS	95	105
PIMIENTOS, ripe	40	--	OKRA	35	40
PLUMS, prunes	15	15	OKRA with tomatoes	25	35
RHUBARB	10	10	OKRA with whole kernel corn and tomatoes	65	75
SAUERKRAUT	25	30	PEAS, green	45	--
STRAWBERRIES	15	15	PEAS, black-eyed	45	55
TOMATOES	10	10	PUMPKIN	85	105
TOMATO JUICE	15	15	SQUASH	85	105
FRUIT JUICES	5	5	SWEETPOTATOES	100	110
FRUIT PUREES	20	20	VEGETABLE-SOUP MIXTURES	60	70